



Peacock Press



Naval Postgraduate School



JANUARY/FEBRUARY 2005



MARDI GRAS CELEBRATION

*You are cordially invited to a
Mardi Gras Celebration!!!*

*Saturday, 26 February 2005
Barbara McNitt Ballroom
6:00 - 11:00 pm*

*Join us for a night of Cajun/Creole,
music and food.*

*Entertainment will be provided by
Monterey County's Premier Blues Band
"RED BEANS & RICE"*

*\$15.00 per person Open to all hands
Tickets will be on sale January 10, 2005
at the ITT Office.*

For more information, call 656-7955.



SUPERBOWL PARTY

Join MWR

Sunday, 6 February 2005

in the Trident Bar

and

El Prado Dining Room

for the Superbowl XXXIX.

*Enjoy the fun with food,
games and prizes.*

Pre-game activities start at 1400.

Kickoff starts at 1535.

For more information, call 656-7955.

Visit our website: www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

RDML Patrick W. Dunne USN
President

COL David Smarsh USAF
Chief of Staff

Pete Dausen
Director, Base Operations and Support

James R. Thomas
Quality of Life Director

Darlene Raish
Leisure Services Manager

David Stockly
Golf Course/RV Campground
General Manager

Megan Ryan
Child Development & Youth
Program Administrator

Hugh Butler
Executive Chef

Renee Leiva
Catering Sales Manager

Cecilia S. Legario
Marketing Coordinator

*The Peacock Press is a bi-monthly
publication of the MWR Department, Naval
Postgraduate School. Information may be
subject to change without notice.*

All phone numbers are in
area code (831)



January/February 2005 SCHEDULE OF CLASSES

JAN 13: RESUME WRITING
FFSC -1300-1500

JAN 20: INTERVIEWING SKILLS
FFSC -1300-1500

JAN 27: JOB SEARCH STRATEGIES
FFSC -1300-1500



FEB 3: CREDIT MANAGEMENT
FFSC - 1300-1500

FEB 10: RETIREMENT PLANNING
FFSC - 1300-1500

FEB 15: TSP BRIEF/TAP
INGERSOL HALL RM 122 - 0800-1000

FEB 15-17: TAP SEMINAR
INGERSOL HALL, RM 122 - 0750-1430


ONGOING GROUPS - TODDLER GROUPS
10 AM FRIDAYS AT COMMUNITY CENTER

Call The Fleet and Family Support Center,
656-3060, to register.

Visit the FFSC website for updates to classes:
[Http://www.nps.edu/ffsc/index.html](http://www.nps.edu/ffsc/index.html)

MWR January 2005 Calendar of Events

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation."</p>	<p>Monday 3, 10, 24 & 31 Dinner Special El Prado Room 1600-2100 SEAFOOD CIOPPINO Adults: \$9.50 Kids 5-10: \$4.75 Under 5 \$3.00</p>	<p>Every Tuesday Dinner Special El Prado Room 1600-2100 "Moist & Tender" PRIME RIB \$13.00</p>	<p>Every Wednesday Dinner Special El Prado Room 1600-2100 CHICKEN ENCHILADA Adults: \$8.50 Kids 5-10: \$4.00</p>	<p>Dinner Special El Prado Room 1600-2100 TURKEY MEAT LOAF Adult \$7.50 Kids 5-10 \$3.50</p>	<p>Every Friday Dinner Special El Prado Room 1600-2100 GRILLED CRAB CAKES Adults: \$12.00 Kids 5-10 \$5.95</p>	<p>1  TRIDENT ROOM CLOSED</p>
<p>2 ITT OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS & FEDERAL HOLIDAYS</p>	<p>3 NO MOVIE Dinner Special SEAFOOD CIOPPINO</p>	<p>4 ANACONDAS BLOOD ORCHID (PG 13) 1800 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>5 THE STEPFORD WIVES (PG 13) 1800 Dinner Special CHICKEN ENCHILADA</p>	<p>6 THE PRINCESS DIARIES 2 (G) 1800 Dinner Special TURKEY MEAT LOAF</p>	<p>7 Dinner Special GRILLED CRAB CAKES</p>	<p>8 CAFÉ DEL MONTE HOURS: MON-THURS 0700-1500 FRIDAY 0700-1400</p>
<p>9 MONTEREY PINES GOLF COURSE OPEN DAILY 0630-1700 AND MOST FEDERAL HOLIDAYS PLEASE CALL 656-2167</p>	<p>10 OPEN WATER (R) 1800 Dinner Special SEAFOOD CIOPPINO</p>	<p>11 SURVIVING CHRISTMAS (PG 13) 1800 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>12 LADDER 49 (PG 13) 1800 Dinner Special CHICKEN ENCHILADA</p>	<p>13 SECOND HAND LIONS (PG) 1800 Dinner Special TURKEY MEAT LOAF</p>	<p>14 Dinner Special GRILLED CRAB CAKES</p>	<p>15 CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN" PROMOTION</p>
<p>16 MONTEREY PINES 19TH HOLE GRILL FOOD SERVICE OPERATION OPEN 7 DAYS A WEEK PLEASE CALL 656-2167</p>	<p>17 HOLIDAY </p>	<p>18 FRIDAY NIGHT LIGHTS (PG 13) 1800 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>19 VANITY FAIR (PG 13) 1800 Dinner Special CHICKEN ENCHILADA</p>	<p>20 RAISE YOUR VOICE (PG) 1800 Dinner Special TURKEY MEAT LOAF</p>	<p>21 Dinner Special GRILLED CRAB CAKES</p>	<p>22 MONTEREY BAY ATHLETIC CLUB OPEN MON-FRI 0530-2100 SAT: 0800-1600 SUN: 1100-1600 CLOSED ALL FEDERAL HOLIDAYS</p>
<p>23 MONTEREY PINES RV CAMPGROUND OPEN YEAR ROUND PLEASE CALL 656-2167</p>	<p>24 WITNESS (R) 1800 Dinner Special SEAFOOD CIOPPINO</p>	<p>25 THE FORGOTTEN (PG 13) 1800 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>26 SUSPECT ZERO (R) 1800 Dinner Special CHICKEN ENCHILADA</p>	<p>27 NAPOLEAN DYNAMITE (PG) 1800 Dinner Special TURKEY MEAT LOAF</p>	<p>28 Dinner Special GRILLED CRAB CAKES</p>	<p>29 FOR PARTY RESERVATIONS AT CLUB DEL MONTE PLEASE CALL 656-2170</p>
<p>30 MONTEREY NAVY FLYING CLUB OPEN MONDAY TO FRIDAY 0900-1700</p>	<p>31 GOTHIKA (R) 1800 Dinner Special SEAFOOD CIOPPINO</p>	<p>XXXIX SUPERBOWL PARTY FEB 6, 2005 TRIDENT ROOM & EL PRADO DINING ROOM INFO CALL: 656-7955</p>	<p>VALENTINE'S DINNER FEB 14, 2005 EL PRADO DINING 4:00-9:00 PM RESERVATIONS: 656-2170</p>	<p>MARDI GRAS PARTY FEB 26, 2005 BARBARA MCNITT BALLROOM 6:00-11:00 PM INFO CALL: 656-7955</p>	<p>EL PRADO RENOVATION Due to design complications, the start date for the El Prado renovation has been changed to 1 October 2005.</p>	

Dinner Specials Served in the El Prado Dining Room Monday-Friday 4:00-9:00 p.m.

JANUARY/FEBRUARY MONDAY DINNER SPECIAL



FRESH SEAFOOD CIOPPINO
with Shrimp, Calamari, Crab and Mussels, Fresh Caesar Salad and Garlic Bread

Adults \$9.50 Kids 5-10 \$4.75 Under 5 \$3.00

JANUARY/FEBRUARY TUESDAY DINNER SPECIAL

SLOW ROASTED PRIME RIB



*"moist and tender"
with Aus Jus*

accompanied with Horse Radish, Baked Potato, Sour Cream and Chef's choice dessert

only \$13.00

JANUARY WEDNESDAY DINNER SPECIAL



**CHICKEN ENCHILADA
BLACK BEANS, SPANISH
RICE AND SALSA**

Adults \$8.50

Kids 5-10 \$4.00

FEBRUARY WEDNESDAY DINNER SPECIAL

STUFFED PORKLOIN

with sauteed Spinach and Ricotta Cheese served with Port Wine Sauce, Red Roasted Potatoes & Fresh Vegetables

Adults \$11.00

Kids 5-10 \$5.50

FAMILY NIGHT EVERY THURSDAY

THURSDAY JANUARY DINNER SPECIAL



**TURKEY MEAT LOAF
W/ GRAVY**

served with Roasted Potato Wedges

Adult \$7.50

Kids 5-10 \$3.50

THURSDAY FEBRUARY DINNER SPECIAL



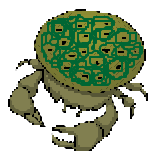
POT ROAST

*w/ Mashed Potatoes & Gravy
served with Fresh Vegetables*

Adult \$9.00

Kids 5-10 \$4.50

JANUARY FRIDAY DINNER SPECIAL



**GRILLED CRAB CAKES
WITH A CHARDONNAY
CREAM SAUCE**

*served with Penne Pasta in Marinara Sauce
and Sauteed Fresh Vegetables*

Adults \$12.00

Kids 5-10 \$5.95

FEBRUARY FRIDAY DINNER SPECIAL

**STUFFED BUCHE W/ SALMON,
SCALLOP & SHRIMP,
LEEK & MUSHROOM**

served with Fresh Vegetables

Adult \$12.50

Kids 5-10 \$6.25

VALENTINE'S DINNER



Monday, 14 February 2005
El Prado Dining Room
4:00-9:00 p.m.



SALAD

*Butter Lettuce Hearts and Baby Spinach
 with Anjou Pears, Grapefruit Segments,
 Gorgonzola Cheese, accompanied
 with Balsamic Vinaigrette
 Palate Cleanser*

CHOICE OF ENTRÉE

*Sauteed Prawns and Lobster Meat
 with Leeks and Roasted Sweet Peppers
 with Lobster Sauce.
 Roast Prime Rib with Aux Jus and
 Horseradish Sauce.
 Stuffed Chicken Breast with Prociutto Ham,
 Pesto and Gorgonzola Cheese
 accompanied with Port Wine Sauce.
 Baked Puff Pastry with Grilled Porta Bella
 Mushrooms, Sauteed Spinach
 and Artichokes accompanied with
 Tomato Coulis. (Vegetarian)*

DESSERT

Grand Marnier Mousse Cake

Adults \$19.50 Kids 5-10 \$9.50
Under 5 free

For reservations, please call 656-2170

Outdoor Recreation

Bldg. 228, Lewis Hall, POM
Open M-F 10:30 am - 2 pm & 3-6 pm
Tel: (831) 242-6133/5506
Check out www.pom-odr.com
for current information



SKI TRIPS

Treat yourself, family and friends to a ski adventure on the slopes of the snow-covered Sierras! Your lodging will be in South Lake Tahoe, close to the ski areas and the Nevada casinos. We will ski Kirkwood, Heavenly Valley, Northstar, Alpine or Squaw Valley, depending on the snow and road conditions. The price includes round-trip transportation, lodging, lift tickets and ski rental.

Weekend Ski Trips Until April 2005	Dates	Adult \$195	Teens \$175	Child \$145
Martin Luther King	Jan 14-16	\$235	\$215	\$199
	Jan 14-17	\$299	\$275	\$255
President's Day	Feb 18-20	\$235	\$215	\$199
	Feb 18-21	\$299	\$275	\$255
Heavenly Valley	Jan 7-9, 21-23 Feb 4-6, 25-27	\$239	\$220	\$199

VACATION LODGING RENTALS

Lake Tahoe	Open dates	Sleeps 2-10
Eloise Place	Open dates	Sleeps 8-10
Gardiner Cabin	Open dates	Sleeps 8
Wildwood #11	Open dates	Sleeps 2-6

SCUBA. Weekend classes are scheduled 8-9 and 15-16 January 2005. Cost \$199.00. Sign up early to insure you have a spot. Scuba Boat Dives available daily with the minimum of 3 persons.

ADVENTURE SPORTS

Plan adventure with Environmental Camping and Backpacking trips to:

Andrew Molera State Park	\$45.00
Sykes Hot Springs	\$30.00
The Sierra Nevadas	\$149.00
Kayak/Snorkeling Experience	\$40.00
Group or Company Beach Party	\$10.00 to \$35.00

Includes: Parachute jumping, indoor/outdoor rock climbing, kayaking, surfing, sail boarding, back packing, orienteering, water skiing, environmental camping, wilderness survival and youth programs.

PRESIDIO OF MONTEREY

VETERINARY TREATMENT FACILITY

Bldg. 4380 on Ord Military Community by appointment only
Call 242-7718 to verify hours and eligibility.

The Presidio of Monterey Veterinary Treatment Facility offer vaccinations, an out-patient clinic, heart worm testing, microchip identification, health certificates, pet registration and over-the-counter sales. For emergencies, please contact your local Veterinarian.

Liberty Single Sailors

BOWLING

Date: Thursday, 20 January 2005
Location: Monterey Lanes
Time: Leave NPS at 2045
Cost: \$5.00 per person

*Includes transportation, shoe rental and 4 games of bowling.
 Sign up at the ITT Office by Tuesday, 18 January 2005.*

ALCATRAZ AND FISHERMAN'S WHARF TRIP

Date: Saturday, 12 February 2005
Location: San Francisco
Time: Leave NPS at 0800. Leave San Francisco at 1700
Cost: \$10.00 (for Single Sailors)
 \$49.00 (for Guests)

*Ticket includes transportation. Sign up at the ITT Office by
 Monday, 7 February 2005.*

For more information, call 656-7955.



**Located on
HERRMANN HALL
QUARTERDECK**

**Open
Monday-Friday
9:30 a.m. ~ 1:30 p.m.
2:30 ~ 4:30 p.m.**

**Closed Weekends
and
Federal Holidays**

SKI LIFT TICKETS

	MWR	AT SITE
Squaw Valley	\$53.00	\$62.00
Heavenly Adult	\$55.00	\$67.00
Heavenly Teen	\$45.00	\$56.00
Heavenly Child	\$25.00	\$32.00
Kirkwood Adult	\$49.00	\$59.00
Kirkwood Child	\$40.50	\$47.50
Mammoth Mon-Fri	\$49.00	\$58.00
Mammoth Sat-Sun	\$59.50	\$63.00
Mt. Rose	\$35.50	\$52.00
Alpine Meadows	\$39.00	
Northstar at Tahoe/ Sierra at Tahoe Adult	\$51.00	\$61.00
Child	\$41.50	51.00

DEEP SEA FISHING & WHALE WATCHING



Sign up for local deep-sea fishing or whale watching excursions with Randy's Fishing Trips. Whale Watching is \$13.00 for adults and \$11.00 for children 2-11 yrs. Prices for fishing start at \$36.00 per person. Gear and license are extra.

ENTERTAINMENT BOOKS



They're here! The 2005 Entertainment Books sold for \$20.00. We will only have them for a limited time; so don't wait to get this great book of coupons to use at local stores, restaurants and more!

JANUARY	UPCOMING ITT TOURS	PRICE
15	Gambler's Escape-Chukchansi Casino	\$20.00
22	San Francisco Get Acquainted	\$25.00
29	South County Wine (Blackstone, Jeckel, Scheid, Hahn Wineries)	\$49.00
FEBRUARY		
5	Valley Center Mall/Santana Row Shopping	\$23.00
12	Winchester Mystery House	\$35.00
19	San Francisco Chinese New Year Parade	\$25.00
19-21	Los Angeles Connection City (Getty Museum, Medieval Times)	\$225.00
26	San Francisco Get Acquainted	\$25.00
MARCH		
5	Hearst Castle	\$45.00
12	Alcatraz Pier 39	\$45.00
19	Hockey San Jose Sharks vs. Detroit Redwings	\$45.00
26	Roaring Camp Train Ride/Easter Egg Hunt	\$40.00

Resort Condos for \$249 per week



A Space Available Voucher Program

How would you like to spend a week vacation and only spend \$249 for the condo? With Armed Forces Vacation Club you can. For \$249 per week the Armed Forces Club offers condo unit rentals at selected resorts located all around the world. Stop by ITT for more information or go to www.afvclub.com.

VALENTINE SWEETHEART DEALS



Buy an Entertainment Book for \$20.00 and take your Valentine for dinner or maybe a See's Candy Gift Certificate for \$10.50.

For more information, call ITT at 656-3223.

GIFT CHECK BOOK

Gift Check 05 Coupon Books are now available at the ITT Office for only \$10.00. Use coupons to save money at the local stores, restaurants and more.

9-11 COMMEMORATIVE ORNAMENTS

9-11 commemorative ornaments are now on sale for only \$10.00 at the ITT office. Portion of the proceeds go to the Pentagon Relief Fund.

The Information Tickets and Tours Office will be closed on January 17, 2005 in observance of Martin Luther King Jr. Day and on February 21, 2005 in observance of President's Day.



ST. PATRICK'S DAY 5K RUN

Thursday, 17 March 2005 1500
MBAC front parking lot



Cost: \$12.00 AD & RSVE; \$13.00 FAM & RET; \$14.00 DOD

Kids can run for free! Come out and have some fun!

Run for great prizes!

Gift certificates for men and women overall winners
and 1st and 2nd place winners.

Sign-up now!!

For more information, call 656-2497.



EXECUTIVE BOOTCAMP

Starts January 13, ends March 17, 2005

\$20.00 military \$30.00 DOD civilian

MBAC presents its semi-annual 10-week weight loss, nutrition education, and strength/cardiovascular training class (lecture only). Come and learn from a registered dietitian and fitness specialists/trainers. **IF** you lose an agreed amount of body fat you get half the entry fee back. Class meets every **THURSDAY**, 11:00-12:00 pm. Body fat measurements will be taken, at the beginning and end of 12 weeks. Take the challenge even if you cannot come to the weekly class.

AEROBIC & STRENGTH CLASSES

Check out the Aerobic/Strength classes at your NPS Fitness Center. Fifty-minute classes are held at 0600, 1100, 1200, 1630 and at 1730 throughout the week. Call and ask about the exact schedule. Free to active duty. Family members may purchase an eight-class punch card for \$12.00 and DOD cards are \$16.00. Check out our new instructor for Step It Up class Mondays & Wednesdays at 0600.

FITNESS CLASSES

The following fitness classes will be available free of charge to all members military (active, retired, reserves) DOD and family members. All classes will be held at 11 am to 12 pm.

February 3 - Nutrition Strategy

February 12 - Strength Training

February 19 - Cardiovascular Training Techniques

THE GREAT RACE

WINTER FITNESS CHALLENGE

January 24-March 17, 2005

Free to members

Eight week exercise incentive program. You will be put into random teams and everyone in your team must travel to a designated vacation spot. To earn exercise miles your cardiovascular or strength training workout can be done anywhere. Ask about the details at the Fitness Center. Incentive awards will be given out, or for \$10.00 you may purchase a Great Race t-shirt.

SPORTS

BASKETBALL



League begins January 10, 2005

Game played: Every Monday & Wednesday

Times: 1800, 1900, 2000, maybe 2100

Meeting: January 5, 2005 1600 at MBAC Sports Office

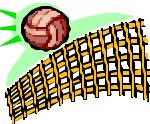
VOLLEYBALL

League begins January 11, 2005

Game played: Every Tuesday & Thursday

Times: 1800, 1900 2000, 2100

Meeting: January 4, 2005 1600 at the Gym



SOCCER



League begins January 15, 2005

Games played: Saturdays, make-up games Sunday

Place: DLI Hilltop Field

Times: Vary,

Meeting: January 7, 2005 1600 at the MBAC Sports Office

RACQUET TOURNAMENT COED

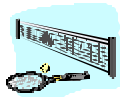
When: February 3-7, 2005

Where: NPS Gym Times: Vary

Categories: A, B, C levels

Cost: RSVE & AD \$12.00; FAM & RET \$13.00; DOD \$14.00

Play for prizes: 1st & 2nd in each category



PERSONAL TRAINING IS AVAILABLE FOR OUR PATRONS

We have the best male and female trainers on the peninsula. By appointment you can get set up by Marcelo Dutra or Shelly Howard.

Personal training fees are \$20.00 for a half hour, \$40.00 for an hour or \$225.00 for 6 one-hour sessions.



THERAPEUTIC MASSAGE

(Male or Female therapist now available)

Help improve performance, decrease pain
and promote relaxation!

Fees: \$60.00 for 60 minutes massage session.

\$90.00 for 90 minutes massage session.

For appointments, please call 656-3118.

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI
6:00 AM	STEP IT UP		STEP IT UP		
6:30 AM		YOGA			
8:00 AM					YOGA
9:00 AM	YOGA		YOGA		
11:00 AM	MASCULAR POWER FLEX		MASCULAR POWER FLEX		
12:00 PM	CARDIO KICK	SPIN	CARDIO KICK	SPIN	
4:30 PM		MASCULAR POWER FLEX		MASCULAR POWER FLEX	
5:30 PM	SPIN	STEP	SPIN	STEP	
6:30 PM		CAPOEIRA		CAPOEIRA	

Child Development Center

"CDC is the place to be!"



If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing, early childhood experience - the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care Monday-Friday 0730-1730. Please contact the center to see if a space is available as we do maintain a wait list.

Life Skills Readiness Preschool Session: Our Life Skills Readiness Preschool Program is offered for children ages 3-5 years old. Don't delay if you want to be part of the fun. The January 3, 2005 program consists of two day and three day morning classes. For more information, stop by the CDC and we'll tell you about our fantastic program.

Jellyfish Drop-In Care Room

Jelly Fish Drop In hours are 8:30 am-2:00 pm. Reservations can be made up to one month in advance. Please keep in mind if cancellations are not made prior to the scheduled appointments, a \$5.00 fee will be charged. Care is available Monday-Friday for children ages 1 year (walking) through 6 years. The rate is \$3.00 per hour including snack and lunch. Afford yourself the extra time you need for appointments, to run errands, or to have a little adult time to yourself. We have lots of fun!



The Child Development Home program offers Navy certified care by military family members in their homes.

Interested in pursuing a rewarding career and working at home? How about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!

The Benefits: You can stay home with your own children, offer authorized quality child care for others in your La Mesa residence, share in the financial support of your family, and have fun!

Before School Care

Before School Care is available for children ages 5-12 years old attending La Mesa Elementary School.

If you are interested in **Before and After School Kindergarten Care**, please complete a Request for Care Form at the CDC front office. Before and After Kindergarten Care is offered in our Full Time Pre-School Classrooms. Fees are based on total family income.

Important Note: All children attending our program that need transportation to and from school must be enrolled in an afternoon Kindergarten session at La Mesa Elementary School. For more information, please call the CDC at 656-2734.

EMPLOYMENT ANNOUNCEMENT

The Child Development Center is seeking enthusiastic and professional people interested in working with children ages 6 weeks - 6 years old. Must be 18 years of age and be able to work flexible hours.

For more information, please call 656-2734.

The Child Development Center will be closed on January 17, 2005 in observance of Martin Luther King Jr. Day and on February 21, 2005 in observance of President's Day.

All of our programs are open to active duty military, reservists in active duty status, and DOD civilians on a space available basis. Please call 656-2734 for more information.

JANUARY 2004 SAC SCHEDULE OF EVENTS



**BOYS & GIRLS CLUBS
OF AMERICA**

The Tech Connection, Teen and Youth Center is a proud member of the Boys and Girls Club of America.

We will be offering programs through the Boys and Girls Club starting January 1, 2005.

**Open Recreation is holding a
Valentine Party on Monday,
14 February 2005 at the
Tech Connection
3:30 - 5:30 pm.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <i>WE OPEN AT 0730</i>	4 <i>WE OPEN AT 0730</i>	5 <i>FISHY BUSINESS</i>	6 <i>MAGIC PLANTS</i>	7 <i>WHAT TIME IS IT MR. WOLF</i>
10 <i>PAPER MITTENS</i>	11 <i>OUTSIDE GAMES</i>	12 <i>WONDER BOAT</i>	13 <i>UNDER WATER LOCOMOTION</i>	14 <i>VOLCANO IN A BOTTLE</i>
17 <i>CLOSED MARTIN LUTHER KING DAY</i>	18 <i>ROCK CANDY</i>	19 <i>STAINED GLASS FISH</i>	20 <i>CLEAN SWEEP</i>	21 <i>CASTLE FOR KEEPS</i>
24 <i>BIRD FEEDERS</i>	25 <i>POPCORN SCULPTURES</i>	26 <i>FREEZES DANCE</i>	27 <i>FREE DAY</i>	28 <i>DOUGHY PAINT</i>
31 <i>HOMEMADE ICE CREAM</i>	Tech Connection Basketball Season: January 15 - March 5, 2005. Games are played at the NPS Gym. We are in need of two basketball coaches: 1 coach for 8-9 years old and 1 for 10-11 years old. Call Steve Duran at 656-2127 or sjduran@nps.edu			

FEBRUARY 2004 SAC SCHEDULE OF EVENTS

TENNIS LESSONS

with Jimmie Brooks



Monday/Wednesday

Ages 6-8 Time 3:30-4:30 pm

Ages 9-12 Time 4:30-5:30 pm

Tuesday/Thursday

Ages 6-8 Time 3:30-4:30 pm

Ages 9-12 Time 4:30-5:30 pm

Ages 13-15 Time 5:30-6:30 pm

Minimum 4 students per class

Maximum 7 students per class

Cost: \$72 per 8 lessons

*To register call the
Tech Connection at 656-2127.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <i>VALENTINE HEART ANIMALS</i>	2 <i>KICK BALL ON THE GRASS</i>	3 <i>BRING YOUR FAVORITE BOOK</i>	4 <i>BUBBLES SWEET BUBBLES</i>
7	8	9	10	11
WE WILL BE CELEBRATING CHINESE NEW YEAR THIS WEEK BY DOING ARTS AND CRAFTS AND MAKING SOME CHINESE FOOD.				
14 <i>LANYARD FRIENDS</i>	15 <i>BUNKER HILL</i>	16 <i>FLASH LIGHT TAG</i>	17 <i>WIND SOCKS</i>	18 <i>OUTSIDE FUN</i>
21 <i>CLOSED PRESIDENTS DAY</i>	22 <i>FINGER PAINTING</i>	23 <i>PAPER PLATE SUNFLOWERS</i>	24 <i>FOUR CORNERS</i>	25 <i>BACK YARD PARK</i>
28 <i>RELAYS ON THE SOCCER FIELD</i>	CELEBRATE BLACK HISTORY MONTH...			



www.navyflyingclubs.com/monterey

The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.

MEMBERSHIP FEES

Monthly dues: \$23.00

Initiation fee: \$30.00

Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club.

Ground and Flight Instruction: \$25.00/hour.

COST SHARING: *Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.*

AIRCRAFT RENTAL RATES



Beech (T-34) \$100.00



Cessna 152 (IFR) \$54.00



Cessna 172 (IFR) \$70.00

All rates are on an hourly basis including fuel.

Bluewater Cove Marina



NPSSA

- Sailing lessons for members
- Racing Events
- Cruising
- Social Events

Open to all military, their family members, faculty and staff of NPS, DLI and Coast Guard.

For more information go to www.nps.navy.mil/Welcome.htm

Naval Postgraduate School Sailing Association

NPSSA, is dedicated to practicing and promoting the art of sailing as well as furthering Navy sailing in the Monterey area. NPSSA is comprised of students, faculty and staff from NPS and DLI, local active duty and retired personnel, and DOD civilians.

For boats reservations go to www.mwr.nps.navy.mil or call 656-3118.



MWR ADVISORY BOARD TO MEET WEDNESDAY 5 JANUARY 2005

The next MWR Advisory Board Meeting is set for Wednesday, 5 January 2005, at 10:00 a.m. in the La Novia Room, Herrmann Hall, Bldg 220.

All Departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

This is your opportunity to gather the latest MWR information and to share your organization's feed back with key MWR personnel.

For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at 656-1049.



Go to our new website at
www.montereypinesgolf.com.

Register with our site and print off coupon good for discounted green fee. Good Monday - Friday only and golfers must present coupons at check in time.

Golf instruction available from your certified golf instructors.

DAVID STOCKLY/DAVID HARBER/BOON CHATVONG
Golf Professionals



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$35.00	\$30.00	\$25.00
ONE HOUR	\$55.00	\$50.00	\$45.00
VIDEO HOUR	\$70.00	\$65.00	\$60.00
PLAYING LESSON	\$85.00	\$80.00	\$75.00
5 1/2 HOUR SESSIONS	\$125.00	\$125.00	\$125.00

MONTEREY PINES 19TH HOLE GRILL FOOD SERVICE OPERATION

Monday-Thursday
9:00 am-7:00 pm

Friday, Saturday & Sunday
6:30 am-5:00 pm

For more information, call 656-2167.

PUNCH CARD 20 PLAY	25% DISCOUNT
MILITARY	\$180.00
DOD	\$270.00
CIVILIAN	\$360.00

*The Golf Course will be open on Monday,
17 January 2005 Martin Luther King's Day
and on Monday, 21 February 2005
President's Day.*

MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.



*About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

DAILY RENTAL FEES		
ELIGIBLE PATRON	Full Hook-Up	Partial Hook-Up
Military	\$22/Day	\$18/Day
DOD	\$25/Day	\$22/Day
Sponsored guests	\$29/Day	\$25/Day

RV VEHICLE STORAGE RATE		
	0 TO 20 FT	OVER 20 FT
Military	\$15.00	\$20.00
DOD Civilian	\$20.00	\$25.00

GOLF FEES		
GREEN FEES	PRIME	TWI
MILITARY	\$12.00	\$10.00
DOD	\$18.00	\$12.00
CIVILIAN	\$24.00	\$15.00

RENTALS:		
Cart Rate		\$20.00
Single Cart		\$12.00
Rental Clubs		\$10.00
Pull Carts		\$5.00

NAVAL POSTGRADUATE SCHOOL (Area Code 831)

MWR ADMINISTRATIVE OFFICES - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2432.

EL PRADO DINING ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For information, call: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45 - 10:45 a.m. Weekdays
Hot Breakfast: 6:45 - 9:00 a.m. Weekdays
Lunch: 10:45 a.m. - 2:00 p.m. Weekdays
Dinner: 4:00 - 9:00 p.m. Monday through Friday

TRIDENT ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Saturday. Closed Sundays and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours). Hours of Operation:

Beverage Service : 4:00 - 11:00 p.m. Monday - Wednesday
3:00 - 11:00 p.m. Thursday & Friday
4:00 - 11:00 p.m. Saturdays
Dinner Service : 4:00 - 9:00 p.m. Monday through Friday

CLUB DEL MONTE/CATERING SALES OFFICE - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

Café DEL MONTE - Located next to Knox Library. Open Monday-Thursday 7:00 a.m.-3:00 p.m.; Friday 7:00 a.m.-2:00 p.m.; Closed weekends and all federal holidays. Open for lunch 10:45 a.m.-2:00 p.m.

INFORMATION TICKETS & TOURS - Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. - 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Closed for lunch 1:30-2:30 p.m. Phone: 656-3223.

CHILD DEVELOPMENT CENTER - La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. - 5:30 p.m., Monday through Friday. Closed on all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES - Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

TECH CONNECTION - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 2:30-6 p.m. while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days. Youth & Teen Open Recreation, 2:30- 6:00 p.m. Monday through Friday while school is in session and 0730-1800 during day camp. Closed on all federal holidays. Phone: 656-2127.

MONTEREY BAY ATHLETIC CLUB ~ (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. - 9:00 p.m.; Saturdays, 8:00 am - 1:00 p.m. Closed on Sundays and federal holidays. Phone 656-3118.

MONTEREY PINES GOLF COURSE - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily, 6:30 a.m. - 5 p.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

MONTEREY NAVY FLYING CLUB - At the Monterey Airport. Open Monday to Friday 9:00 a.m. - 5:00 p.m. Phone: 372-7033.

BLUEWATER COVE MARINA - On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 242-5747/656-3118.

MWR BUSINESS OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-7954.

MWR MARKETING OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-1170/7677.

THE FLEET & FAMILY SUPPORT CENTER - 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Tel: 656-3060.

NAVY EXCHANGE TELEPHONE NUMBERS - Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.

NAVY LODGE - 1100 Farragut Road, Monterey, Ca 93940. Tel: 372-6133.



Peacock Press

Morale, Welfare and Recreation Department
Naval Postgraduate School
1 University Circle
Monterey, CA 93943-5000

CHECK OUT MWR'S WEBSITE!

www.mwr.nps.navy.mil